# YOUTH SPORTS & FITNESS REGISTRATION FORM

PARENT/GUARDIAN INFORMATION: Last Name:	Name:			First Name:		Date of Birth:	Street Address:	
Apt #:	- City:		_ Zip:					
Day Phone:	Alt. Phone:		Email address:	:SS:		Private Use Only		
Emergency Contact/Phone Number:				_ Register Online:				
Request for Accommodations:						MyParksandkecreation.com		
Participant's Name		Date of Birth	Grade	Male/Female Class#	Class#	Class Title		Fee
		Mo/Day/Yr						
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INDOOR SOCCER LESSONS WITH MICHAEL **SMITH (AGES 4-6)** 

Participants will learn the fun game of soccer! Soccer techniques; dribbling, passing and scoring goals will be emphasized. Children will learn to play with teammates and develop balance/coordination and listening skills.

**Highland Community Center** Resident \$55

Non Resident \$66

Session I Tuesdays

September 27-November 1

#56564 1:00 - 1:45 pm 2:00 - 2:45 pm#56565

September 28-November 2

Wednesdays 1:00 - 1:45 pm #56566 #56567 2:00 - 2:45 pm

September 29-November 3

Thursdays 1:00 - 1:45 pm #56568 #56569 2:00 - 2:45 pm

Session II November 8-December 13 Tuesdays

#56570 1:00 - 1:45 pm #56571 2:00 - 2:45 pm

November 9-December 14

Wednesdays #56572 1:00 - 1:45 pm #56573 2:00 - 2:45 pm

Thursdays #56574 1:00 - 1:45 pm #56575 2:00 - 2:45 pm

November 10-December 15



For more information, please contact Bellevue Parks & Community Services:

425-452-6885

Or register online: MyParksandRecreation.com

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.

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SEREVI RUGBY DEMO - FREE!!

Join the team from SEREVI RUGBY for an introduction to the basics skills of the world's newest Olympic sport, Rugby. Participants will learn passing, catching, kicking and running, in this free, fun and family friendly, non-contact rugby demo session. Children, ages 7-14 and their families are welcome to attend. Pre registration required.

#59594

Robinswood Sports Field Saturday, September 17

10:30 am to 12 noon

Please pre-register by calling Bellevue Parks & Community Services 425-452-6885 or online at MyParksandRecreation.com







# FALL 2011 SEPTEMBER-DECEMBER Youth Sports **Fitness**

The goal of Youth Sports and Fitness programs is to provide quality programming with responsible leaders so youth have the opportunity to grow and learn. We are a program in which opportunity for participation is provided to all those who enter, regardless of skill and ability. We wish to provide youth with a fun learning experience and the opportunity to develop lifetime sports and fitness skills.

### YOUTH SOCCER PROGRAM INFORMATION:

- League Soccer Games: First 2 weeks are team practice followed by 5 weeks of games. However, warm-up practice will occur before each game once league games begin.
- Shin guards required for all soccer leagues. Shin guards will be for sale on site for \$10.00
- Inclement Weather Policy: Players must show up at the field. Come prepared to play in all weather!
- Volunteer Coaches Needed: Volunteer soccer coaches are needed. Call (425) 452-4627 for more information and to receive a \$20 discount towards your registration fee. Background check required & attendance to mandatory coaches clinic to receive discount. Must have soccer experience to become a volunteer coach.
- · Participants will be assigned to teams based on the following:
- Special request for coach.
- Special request for ONE teammate.
- Additional requests for teammates will not be considered.
- 3. Age and gender of participant.

PLEASE NOTE THAT THERE ARE NO GUARANTEES REGARDING REOUESTS OR TEAM ASSIGNMENTS AND ALL REOUESTS MUST BE MADE BEFORE SEPTEMBER 12 BY EMAIL

TO hchristoff@bellevuewa.gov OR BY CALLING 425-452-4627

### MIGHTY MITES SOCCER LEAGUE (AGES 5-6)

This 5-6 year old co-ed league, is a great way for your little star to begin team play with emphasis on participation, fun, and skill development in an instructional setting. This 7 week league, will give your child the basic instructions of dribbling, passing, scoring and teamwork! We will begin with 2 weeks of team practice followed by 5 weeks of games on Tuesdays from 4:30-5:45pm at Robinswood Sports Field. Come and join the fun! Volunteer coaches are needed for this league. Max. 6 players per team.

Resident: \$72 Non-Resident: \$86

Robinswood Sports Field

#58558 4:30-5:45pm Tuesdays September 20-November 1

### **YOUTH SOCCER LEAGUE (AGES 7-9)**

This 7-9 year old co-ed instructional league, is a great way to further develop and enhance your basic knowledge and skills in soccer. This 7 week league, will emphasize positive sportsmanship and team play while having fun! We will begin with 2 weeks of team practice followed by 5 weeks of games on Wednesdays from 4:30-5:45pm at Robinswood Sports Field. Come and join the fun! Volunteer coaches are needed for this league. Max. 7 players per team.

Resident: \$72 Non-Resident: \$86

Robinswood Sports Field

4:30-5:45pm Wednesdays September 21–November 2

### JUNIOR SOCCER LEAGUE (AGES 10-12)

It's time to elevate your game! This 10-12 year old co-ed league is designed to give your child more advanced playing skills & ball movement techniques, while also encompassing team strategies in an instructional setting. We will begin with 2 weeks of team practice followed by 5 weeks of games on Thursdays from 4:30-5:45pm at Robinswood Sports Field. Come and join the fun! **Volunteer** coaches are needed for this league. Max. 8 players per team.

Resident: \$72 Non-Resident: \$86

Robinswood Sports Field

#58560 4:30-5:45pm Thursdays September 22–November 3

### **BIDDY SPORTS PROGRAMS (AGES 3-6)**

Give your child the opportunity to participate in three different sports programs designed to develop basic motor skills while teaching age appropriate fundamentals. You can choose from Soccer, T-ball, or Basketball, or you can sign-up for all three classes. This program is a parent/guardian participation required program, which will offer quality bonding time with your child(ren). **South Bellevue Community Center** 

Resident: \$40	Non-Resident: \$48
Saturdays	

Soccer		
#56461	9-9:45am	September 17 – October 8
#56462	10-10:45am	October 15 - November 5
#56463	11-11:45am	November 12 – December 10
T-Ball		
#56452	10-10:45am	September 17 – October 8
#56453	11-11:45am	October 15 - November 5
#56454	9-9:45am	November 12 – December 10
Basketball		
#56476	11-11:45pm	September 17 – October 8
#56477	9-9:45pm	October 15 - November 5
#56478	10-10:45pm	November 12 – December 10

### PRE SEASON BASKETBALL CLINIC

Get a JUMP start on your basketball season! This fun and noncompetitive clinic is perfect for children who want to work on their basketball skills before the season begins. Players will learn basketball fundamentals such as shooting, dribbling and passing along with offensive and defensive techniques in a fun and age-appropriate setting. This 5 week clinic will improve your skills, make your weakness your strengths, get in shape and have fun for the upcoming basketball season!

Resident: \$69		Non	-Resident	: \$76
South Bellevue	Community	Center		
6:00-7:00pm				
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#59451	Ages: 5-6	Monday	November 7 – December 5
#59452	Ages: 7-9	Tuesday	November 8 – December 6
#59453	Ages: 10-13	Thursday	November 10 – December 15

### SEREVI FLAG RUGBY (AGES 7-14)

Youth rugby is one of the fastest growing sports in the United States. Serevi Rugby and Bellevue Parks & Community Services are excited to offer Serevi Flag Rugby, a coed, non-contact sport for children. Flag Rugby is a free-flowing game that allows all players to pick up the ball and run. Teamwork is a key element to success and is emphasized along with a high level of sportsmanship. Emphasis will be on safety and fun at all times, and the use of flags limits physical contact. Skill emphasis is on running, passing, ball handling catching skills and small sided games.

Resident: \$66 Non Resident: \$79

Robinswood Sports Field Mondays

#59456

4:30pm - 5:45pm #59455 September 19th - October 24th October 31st - December 5th

### I-BALL BASKETBALL CLINICS (AGES 7-14)

Bellevue Parks & Community Services and i-Ball have partnered to offer Basketball Skills Clinics for kids, ages 7-14. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. Players will learn all aspects of basketball development of core fundamentals along with offensive & defensive techniques, shooting techniques, ball handling and court awareness. Players of ALL skill levels are welcome and will be grouped accordingly.

**Highland Community Center** 

Resident: \$79 Non Resident: \$ 95 Mondays 5:50pm - 7:00pm

#59471 September 26 – October 17 #59472 October 24 – November 14 #59473 November 21 – December 12

# ATHLETIC CONDITIONING CLINICS BY MAXIMUM SPORTS CONDITIONING (AGES 12 & UP)

Come join Maximum Sports Conditioning as we facilitate exciting sports training workouts designed to enhance every part of an athlete's performance. The workouts focus on quickness, jumping ability, strength, injury prevention, core stability and speed. As you probably already know, the competition keeps getting tougher, so the demand for an edge is also increasing. Not only do your sport-specific skills have to be impressive, but your physical abilities to run, jump, accelerate, and defend have to be just as remarkable. If you are a young athlete and you need to improve your game, become more fit, get stronger and have some fun, then this program is perfect for you.

Maximum Sports Conditioning, 13415 SE 30th. Bellevue, 98005 Resident \$60 Non-Resident \$72

Wednesdays #59457 September 7 – 28 #59458 October 5 - 26#59459 November 2 - 30#59460 December 7 – 28

# Youth Fitness **Martial Arts**

4:00-5:00pm

### KENDO (AGES 8 & UP)

**Highland Community Center** Resident \$60

Non Resident \$72

Fridays September 23 - December 16

Beginning & Intermediate: 6:30pm-8pm Advanced: 7:30pm - 9:30pm

### #59461 Beginning Kendo

Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1-4, at week 5 a Shinai (bamboo sword) is also required. Participants must purchase a bokken (oak sword) either before or at the first class. Beginning students should wear loose fitting clothes. The beginning class focus is on learning basic footwork and sword handling.

### #56492 Intermediate Kendo (Prerequisite-Completed Beginning Kendo Class or equivalent)

Intermediate Kendo is a continuation of where the students progress to actual striking of live targets. Once the student has progressed in skill they will be able to move into wearing armor and engage in bouts with other students. Students remain in intermediate until they have transitioned to armor.

### #56496 Advanced Kendo (Prerequisite-Intermediate Kendo Class or permission from instructors)

Advanced kendo is for those students that have completed beginning and intermediate kendo and are in armor (bogu). Individuals with previous experience must contact the teacher for approval to enroll in advanced kendo.

## SELF DEFENSE/HAPKIDO (BEGINNING) (AGES 6-12

This co-ed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasion and grappling. Uniform required & available at class for

Non-Resident \$55

5:00-5:55pm

Resident \$46 Mondays & Wednesdays **Crossroads Community Center** #56505 September 7 -28 **Highland Community Center** #56506 October 3 – 31 #56507 November 2 - 30#56508 December 5 – 28

### SELF DEFENSE/HAPKIDO (INTERMEDIATE/ ADVANCED) (AGES 13 & UP)

This co-ed course builds on skills introduced in the beginning class and helps young people and adults successfully face physically confronting issues. With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. While refining on skills learned from beginning class, students will start learning joint locks, pressure points (adults only) and weapons. Prerequisite: Graduation from the beginning class, or age 13 and above.

**Highland Community Center** Resident \$46 Mondays & Wednesdays **Crossroads Community Center** #56519 September 7 -28 **Highland Community Center** #56520 October 3 – 31 #56521 November 2 – 30

December 5 – 28

Non-Resident \$55 5:30-6:55pm



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